



It's **SNACK** Time!!!

(Your office name) is organizing a **Fruits & Veggies snack bowl**. Employees will have the opportunity to snack on fresh fruits or vegetables!

(Your office name) will sponsor the Fruits & Veggies snack bowl. During the week, if the snack bowl in our office needs replenishing, we encourage you to participate in this healthy activity by donating fresh fruit or vegetables that other employees can snack on.

Why MORE is important? Fruits & vegetables are the cornerstone of a healthy diet. They're packed with vitamins, minerals, fiber, and honest satisfaction. Eating a variety of fruits and veggies everyday helps reduce your risk of chronic disease (like diabetes and some cancers), high blood pressure, and overweight and obesity. **Plus**, better health is one of the best ways you can help control health care costs!

Be a part of this activity by contributing to the Fruits & Veggies snack bowl!

Happy Healthy Snacking!

